



# Digital Group Support

Confidential group support

When you are dealing with a challenge at home or at work, group support can offer perspective, encouragement and most importantly, the reassurance that you are not alone. Digital Group Support provides live, moderated sessions on a wide variety of topics via the desktop or mobile platform. Confidentiality is key – you answer questions, participate in activities and provide feedback anonymously by exchanging texts with the moderator.

## Moderated sessions

When you join a session, only the moderator will be on video. You and all other users will participate via text. In addition to leading the session, the moderator will post tip sheets, exercises and links to other resources. You can also easily access individual, in-the-moment support or connect to the program web portal for additional services and information.

Digital Group Support session topics include:

- Avoiding addiction
- Mindfulness
- Caregiver support
- Preventing burnout
- Coping with stress
- Self care
- Grief
- Sleep Fitness

## Get started!



supportlinc.com  
code:  
northwestern



Download  
the mobile  
app today!

